




N O V E M B E R						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Village Council meetings are held the second Monday of each month at 8 p.m. at the Village Center. The next meeting will be Monday, November 10 . The agenda for the meeting is sent to the manager of each building in the Village the week before the meeting with the request that it be posted.						1 8:15 a.m.: Walking Club 9 a.m.: Body Sculpting 9 a.m. – 1 p.m.: Twin Springs Market 1 – 5 p.m.: Blind Faith School
2 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	3 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 7:30 p.m.: Book Signing with Walter Isaacson	4 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Great American Plays 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	5 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 6:30 p.m.: Pencil, Pastel and Watercolor 7:30 p.m.: Concert:	6 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Depart for the Walters Art Museum 10 a.m.: Still Life Painting 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 7:15 p.m.: Movie:	7 9:30 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events	8 8:15 a.m.: Walking Club 9 a.m.: Body Sculpting 9 a.m. – 1 p.m.: Twin Springs Market 1 – 5 p.m.: Blind Faith School
9 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception 11:30 a.m.: Bones for Life	10 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING	11 VETERANS DAY Center Open 9 a.m. – 2 p.m. 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi	12 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Suburban Lecture: Osteoporosis: Are You at Risk? 1 p.m.: Health Insurance Counseling 6:30 p.m.: Pencil, Pastel and Watercolor 7:30 p.m.: Concert:	13 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10 a.m.: Still Life Painting 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 7:30 p.m.: The Triangle Factory Fire Book Signing with David Von Drehle	14 9:30 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 12:15 p.m.: Sunrise Special Lunch 1 p.m.: Special Concert	15 8:15 a.m.: Walking Club 9 a.m.: Body Sculpting 9 a.m. – 1 p.m.: Twin Springs Market
16 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m.: Bones for Life	17 9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting	18 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Great American Plays 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	19 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 to 4 p.m.: Health Fair 6:30 p.m.: Pencil, Pastel and Watercolor 7:30 p.m.: Concert:	20 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 7:30 p.m.: Café Muse	21 9:30 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Art Theft	22 8:15 a.m.: Walking Club 9 a.m.: Body Sculpting 9:30 a.m.: Holiday Affair
23 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m.: Bones for Life	24 9:15 a.m.: Fit-4-Ever 10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 11:30 a.m.: Strength Training 10:30 a.m.: Drop-in Tai Chi	25 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Great American Plays 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	26 9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert:	27 Happy Thanksgiving! Center Closed 	28 Center open 9 a.m. – 2 p.m. 9:30 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events	29 8:15 a.m.: Walking Club
30 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m.: Bones for Life						

Shuttle bus hours

Monday through Friday 7 a.m. to 9:20 p.m.
Saturday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Special lunch and concert

This month's Special Lunch, will be held on **Friday, Nov. 14, at 12:15 p.m.** Lunch will be salmon cakes, mashed potatoes, Capri vegetables, salad, and chocolate cake for dessert. The cost is \$6, which must be paid when your reservation is made. Please reserve your seat by Wednesday, Nov. 12.

After lunch, please stay to enjoy pianist Marjorie Spector in concert. At **1 p.m.**, she will perform an interactive program entitled "A Stroll Along Broadway," highlighting various musicals.

